



Free version: Low quality pictures

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# 1. 2018

## 1.1 January

This, Just This (2018-01-08 08:56)



Nothing exists.

Independently or separately.

From anything else.

In the simplicity.

And undeniability.

Of this very moment.

This, just This.



**Redemption (2018-01-09 08:40)**



No doer.

No sin.

This is redemption.

---

**The Destination (2018-01-10 09:01)**



The destination.

That isn't a destination.

This, here, now.

The destination you never left.

The destination you were never apart from.

Never separate from.

Never separate.

This, here, now.

---



Thoughts.

Blooming.

Like wildflowers.

In the meadow.

On a Summer day.

---

**Not Standing Apart (2018-01-25 09:24)**



Not standing apart.

Not separate from.

All that is.



---

**Good Enough (2018-01-26 06:42)**



If there's a recognition.

That there's no doer.

Then there's also a recognition.

That everything is good enough.

Exactly as it is.

-

Everything happening.

Nothing making itself happen.

---

## 1.2 February

Lights Down By The Harbour (2018-02-08 20:32)



Lights down by the harbour.

People laughing.

Waves crash against the shore.



---

**Perfectly Fine (2018-02-09 16:36)**



It's such a relief.

Just to be ordinary.

To be perfectly fine.

Just as you are.

-

There's no need to become.

This is it.

You are it.

Already.



One Life living.

This being This.

Even the strongest sense of separation.

The tightest contraction.

Just one Life living.

Just This being This.

---

**That (2018-02-15 19:22)**



That.

That which paints the clouds.

And colours the flowers.

That.

That which shines in the raindrops.

And glistens in the early morning dew.

That.

You are That.

-

Not tomorrow.

Not when you realise it.

Not when you stop feeling like this.

Not when you get enlightened.

Now.

Right now.

---

The Heart of Conscious Living (2018-02-15 23:41:11)  
Perfect!

Adam T. (2018-02-16 08:16:21)  
:)

### **Unconditional Love (2018-02-17 08:51)**



Existence is.

Unconditional acceptance.

Existence is.

Unconditional love.

Existence is.

---

**Enlightenment? (2018-02-17 08:56)**





Maybe enlightenment.

Is the end of becoming.

---

The Heart of Conscious Living (2018-02-17 12:32:17)  
May - BE!

**Appearing As Many (2018-02-21 09:46)**





One happening.

Appearing as many.

---

**Stillness And Chaos (2018-02-24 08:38)**



Stillness and Chaos.

Expressions.

Of the same Source.

---

## 1.3 March

**Never Separate (2018-03-02 20:03)**



When were you ever separate.

From what is?

---

**The Obvious (2018-03-05 08:23)**



No need to find.

The Obvious.

No need to search for.

The Obvious.

No need to merge with.

The Obvious.

No need to become one with.

The Obvious.

-

The Obvious.

Already This.

**The Way Home (2018-03-05 08:43)**



Why would you.

Need to find the way home.

If you'd never left home?



---

**There Are No Waves (2018-03-13 10:06)**



There are no waves.

There is only ocean.



The mind.

The thought process.

Is not the enemy.

Thoughts arise and are expressed.

Like snowflakes.

Like flowers.

Blooming in the meadow.

-

Nothing stands apart.

From the happening of Life.

There is nothing.

That should not be happening.



**Somebody (2018-03-19 08:18)**



It's not that there's a somebody.

And then there's nobody.

There never was anybody.

---

## 1.4 April

Drops (2018-04-03 16:09)



A drop.

Thought it needed to return to the ocean.

And then realised.

It had never not been water.

---

**Sacred Land (2018-04-09 09:39)**



This.

Is.

The Sacred Land.

---

**Everyday Life (2018-04-12 07:11)**



Each thought, feeling, impulse and urge.

The expression of a power and intelligence.

That is beyond comprehension.

Your very ordinary.

Everyday life.

This very moment.

All inclusive.

Infinite.

---

**Bubbles In The Stream (2018-04-18 08:19)**



Sun shines.

Flowers grow.

Thoughts arise.

Like bubbles in the stream.



---

## Flow Of Energy (2018-04-19 07:26)



Flow of energy.

In the body.

Happening by itself.

Not separate.

From anything.

-

One flow.

One movement.

One dance.



## 1.5 May

Life Expressing (2018-05-07 09:18)



When you were growing in the womb.

You were Life.

Expressing.

Whatever you are doing right now.

You are Life.

Expressing.

Always Life.

Expressing.

Only Life.

Expressing.

---

**Just What Is (2018-05-17 13:54)**



Just what is.

Seamless.

Infinite.

---



Everything is.

Life in expression.

Including the sense of being a separate entity.

With free will and choice.

Including the mechanism.

The process.

Sometimes called the ego.

Nothing stands outside of.

Or apart from.

Life.

What is.

This.

Reality.

Everything is.

Life in expression.

This is not so much about.

Something changing.

Something improving.

This is more about inclusion.

The inclusion of everything.

Exactly as it is.

In this very moment.

This is the recognition.

That everything.

Is already included.

## 1.6 June

**Nothing Better, Nothing Worse (2018-06-26 13:13)**



Nothing better, nothing worse.

Nothing right, nothing wrong.

Everything an expression of the same source.

The source and its expression, not two.

Like the ocean and the wave.



---

**Already Everything (2018-06-26 16:33)**



There's nothing to get.

This is already everything.

**To Be (2018-06-27 06:17)**



There isn't a wrong way to be.

---



Just imagine.

How much work it would be.

To hold all the cells of your body together.

If you were actually doing it.

#justhappening



All is the Self or Brahman. The saint,  
the sinner, the lamb, the tiger, even  
the murderer, as far as they have  
any reality, can be nothing else,  
because there is nothing else.

— *Swami Vivekananda* —

AZ QUOTES

All this is Brahman.

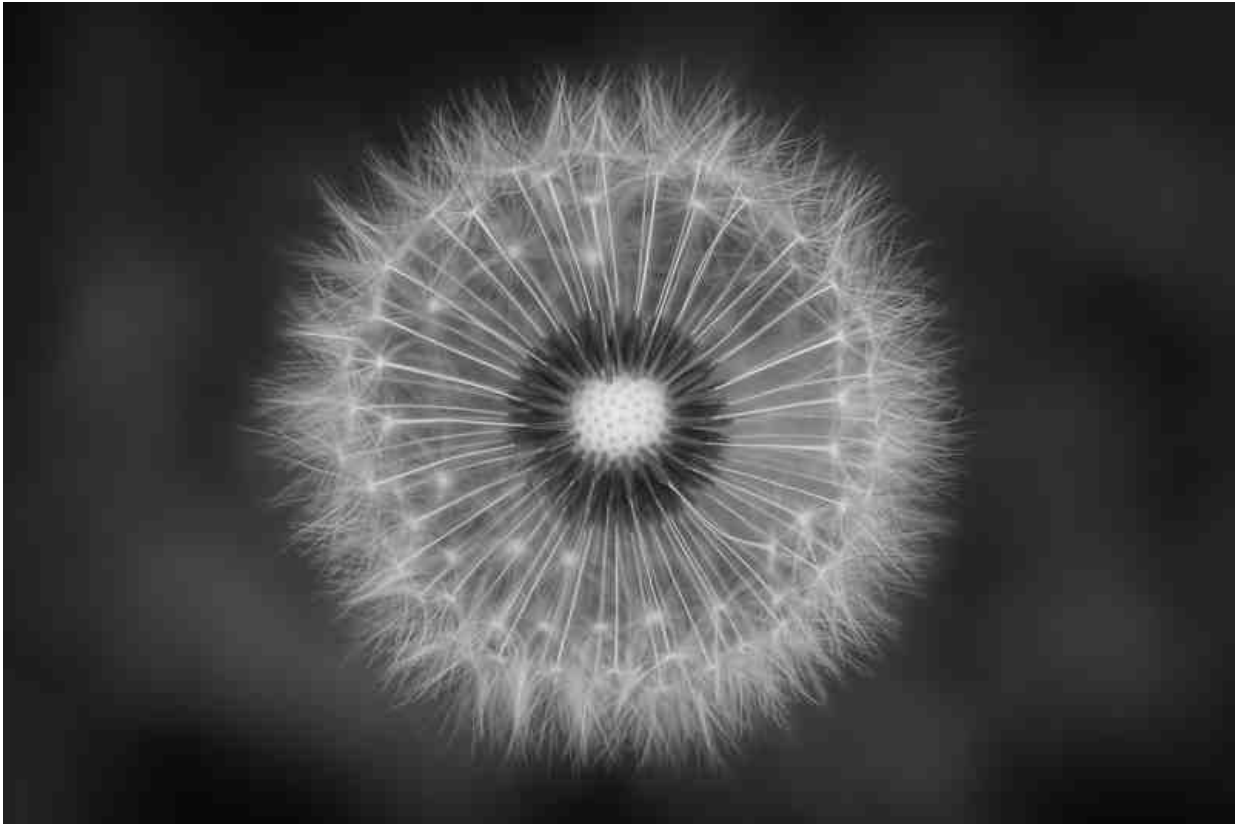
## 1.7 July

**One With Everything (2018-07-03 17:59)**



You don't become one with everything.

You ARE one with everything.



The whole of infinity.

Found.

In a single breath.

---



You have as much control.

Over your apparent life now.

As you did over the sperm and egg.

Coming together at conception.

There was no you doing that then.

There is no you doing this now.

Life is a happening.



One happening.

A single infinite event.

Unfolding in the present moment.

That nothing exists separately from.

---

**Whatever (2018-07-04 09:30)**



Whatever.

Appears to be happening.

Right now.

In this moment.

Is not being done by a somebody.

And does not exist separately.

From the entirety of existence.

Whatever.

**Love (2018-07-06 06:35)**



All of this.

Is an expression.

Of unconditional love.

All of this.

---



Just this.

All inclusive.

Expression of life.

## Dance Of The Eternal (2018-07-11 14:00)



There is nothing.

But this dance of the eternal.

All inclusive.

Infinite.

Pristine and perfect.

Exactly as it appears.

In this moment.

As this moment.

---

**All Appearances (2018-07-12 07:49)**



Thoughts often arise.

Saying there's something wrong.

With what's appearing.

In this moment.

And there isn't.

Ever.

-

All appearances.

Are That.

---



Weird Shit (2018-07-12 07:51)



God.

Does some weird shit.

**Ocean (2018-07-12 12:10)**



Every movement.

Is a movement of the ocean.

No wave out of place.

No wave lost.

No wave wrong.

For there is no wave.

Only ocean.

---

**Only The Ocean (2018-07-12 12:11)**



Time spent.

At the beach.

On long Summer days.

Never touched.

By a single wave.

Only ever touched.

By the ocean.

---

**This Heart (2018-07-16 19:51)**



Thunder in the distance.

This heart.

Beating.

---

**Zero Distance (2018-07-17 07:45)**



Zero distance.

Everything.

Right now.

---

**Popular Belief (2018-07-17 07:52)**



Despite popular belief.

You do not make your life happen.

You are life happening.

---



**Not A Single Step (2018-07-18 13:36)**



Not a single step.

Away.

From the infinite.

Seamless.

Expression.

Of this moment.



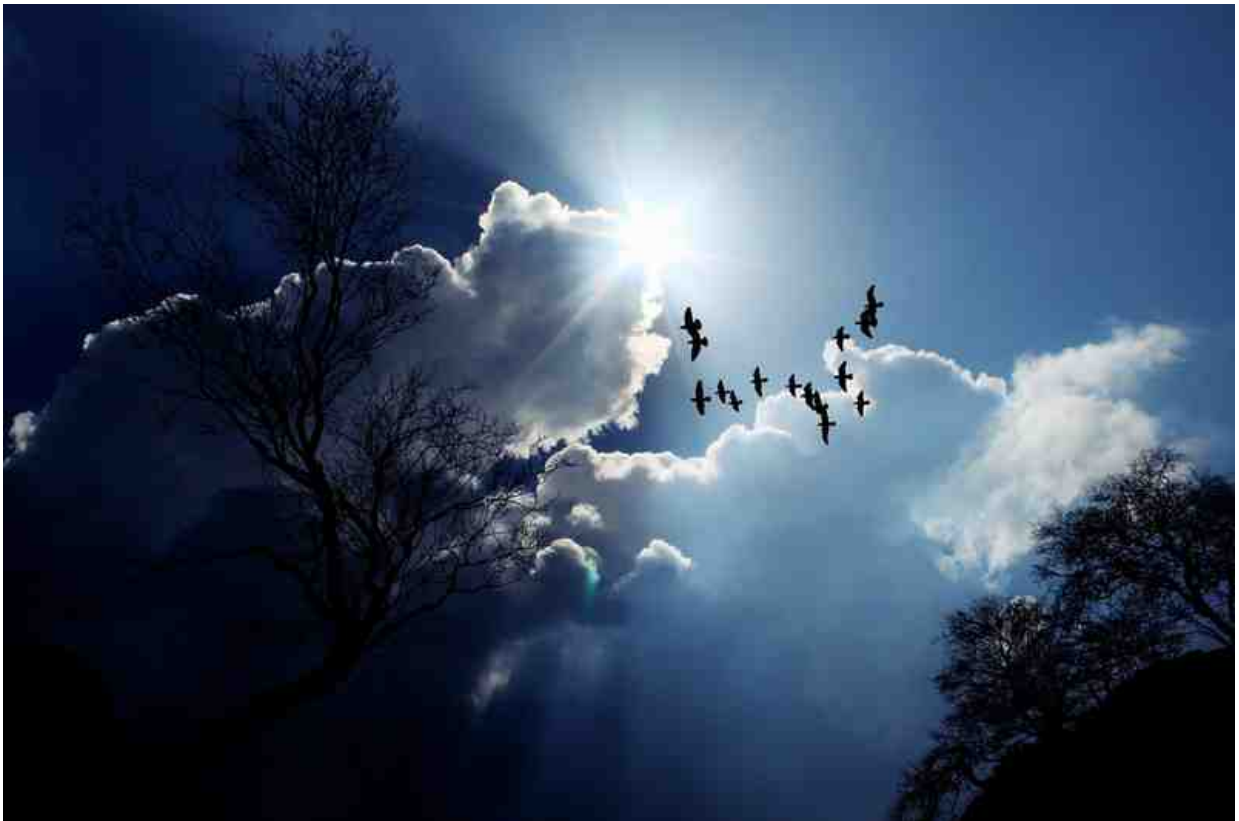
-  
This.

All this.

Is all there is.

---

**Love Is Everything (2018-07-19 06:14)**



Love excludes nothing.

What? This feeling?

Yes, that feeling.

This thought?

Yes, that thought.

What? Everything?

Yes, everything.

Love is everything.



Life is omnipotence.

Life does not make mistakes.



The Holy Spirit.

Moves.

In and as.

You.

In and as.

All things.

-

Nothing divided.

Nothing separate.

Nothing wrong.

-

Simply Waves.

On the Ocean.

Of the Holy Spirit.

-

<https://youtu.be/Xx1MjhzKcYw>



Life.

Is an undivided happening.

Happening by itself.

**Vastness (2018-07-27 17:10)**



Vastness.

There is nothing else.

---



There are no rules.

Nothing to achieve.

Nothing to be.

Nothing not to be.



## The Sound Of The Rain (2018-07-27 18:00)



All ideas.

Of becoming.

Evaporate.

And it's just about the sound of the rain.

## The Entirety Of Presence (2018-07-30 14:49)



The entirety of presence.

## 1.8 August

**Only Life (2018-08-03 07:20)**



There is only Life.

**It Is Life (2018-08-03 17:42)**



It is Life.

Expressing.

As an apparent contracted individual.

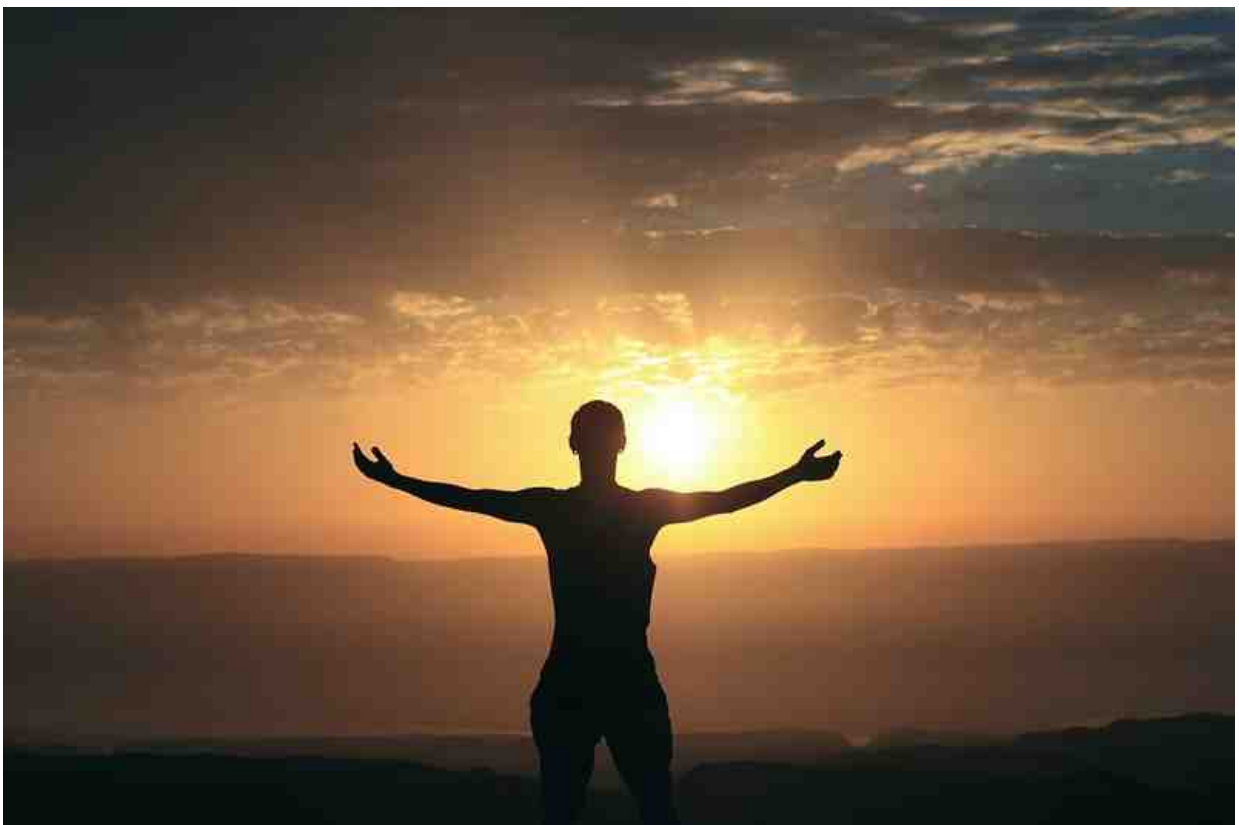
Searching to become that.

Which it already is.

That which it always has been.

---

**Actuality (2018-08-07 10:05)**



Nothing exists.

Separately.

From the actuality.

The reality.

Of this very moment.

---

**Variations (2018-08-10 08:38)**



Each and every appearance.

Is simply a variation.

Of what is.

---

**Seamlessness (2018-08-10 13:50)**



Seamlessness.

---





The process.

Of a flower blooming.

The process.

Of a thought happening.



## One Big Happening (2018-08-31 13:54)



Life is one big happening.

With nothing outside of it.

Nothing separate from it.

Nothing other than it.

---

## 1.9 September

Into The Garden (2018-09-06 06:22)



Out into the garden.

Noticing everything happening.

Noticing the happening that you are.

Noticing the happening of life.

Nothing but the happening of life.

Happening.

---

**The Seamless Whole (2018-09-14 10:00)**



There is only.

The seamless whole.

---



The rising sun.

And the seeing of the rising sun.

Are not two separate events.

Life is a single happening.

## Sitting Quietly (2018-09-18 16:55)



Sitting quietly.

Doing nothing in particular.

Everything.

Simply happening.





Infinite.

All inclusive.

Unconditional.

**These Tears (2018-09-28 06:37)**



The clouds.

The Sun.

These eyes.

These tears.

This pain.

The same movement.

---

## 1.10 October

A Single Drop Of Dew (2018-10-01 07:14)



Not a single drop of dew.

Out of place.

---





Love expressed.

In and as.

Each and every atom.

---



Each and every.

Apparent flaw.

Is the spontaneous expression.

Of universal energy.

Each and every.

Apparent flaw.

Is a divine flaw.

-

Not really a flaw.

At all.

---

**Feelings Stir (2018-10-09 06:16)**



Leaf unfurls.

Feelings stir.

---

**No Inside, No Outside (2018-10-13 06:45)**



No inside.

No outside.

Just The Happening.

---

**Like The Wind (2018-10-13 07:02)**



That feeling.

Arising right now.

Is as impersonal.

As the wind.



---

**Seamless Expression (2018-10-18 17:46)**



Seamless.

All inclusive.

Expression.

**All That Apparently Arises (2018-10-23 07:31)**



There is nothing but This.

All that apparently arises.

Its Expression.



There is no becoming.

Everything is already This.

This is already Everything.



## 1.11 November

Body (2018-11-02 11:09)



The functioning of the body.

Is an impersonal happening.

Not being done.

By a somebody.

-

The happening of the body.

Is not separate from.

The greater happening.

Of all that is.

---

**The Entirety Of Life (2018-11-02 23:17)**



No my life.

No your life.

Just the entirety of Life.

---

**Without A Doer (2018-11-09 07:37)**



Each tree.

Grows.

Without a doer.

Leaves open.

Fruit ripens.

Without a doer.

So too.

The human being.

There is no doer.

There is no separate self.

**Rain On The Roof (2018-11-27 19:23)**



Rain on the roof.

Happening.

Hearing happening.

Thoughts happening.

Whole body.

Happening.

Rain on the roof.



---

**The Obviousness Of This (2018-11-27 21:15)**



The obviousness.

Of the isness.

Of the all inclusiveness.

Of This.

---

**All That (2018-11-28 07:59)**



It's all.

Already.

That.

---

The Heart of Conscious Living (2018-11-28 12:11:01)  
Yes! "This is as God as It gets." Christopher Wallis

## 1.12 December

Doing What It Does (2018-12-17 08:15)



All there is, is That.

Just This.

Doing what it does.

-

Life is one, all inclusive, impersonal event.

Appearing apparently personal.



Appearing as multiple apparent things.

Appearing as all that appears.

Excluding nothing.

Absolutely nothing.

-

This is Life.

Just This.

Doing what it does.

---





BlogBook v1.2,  
 $\text{\LaTeX}$  2 $_{\epsilon}$  & GNU/Linux.  
<https://www.blogbooker.com>

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